



MISSINGLINK
cutting edge
women's mental health services



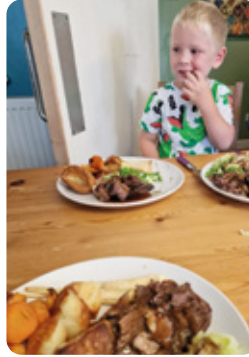
NEXTLINK
changing the face of
domestic abuse support services



SAFE LINK PLUS+
supporting survivors

FUNDRAISING PACK





Welcome to the Fundraising Pack of Missing Link Mental Health, Next Link Domestic Abuse and Safe Link Sexual Violence and Abuse Support Services.

The connections between mental ill health, domestic abuse and sexual violence is well evidenced, which places our services in the unique position of offering a range of support options that draws on the combined skills of the three services.

Our mission is to empower people to live independent lives free of abuse and stigmatisation. We want to see people thrive, not just survive.

We are inspired every day by the courage and resilience of those we support, however our services are more needed than ever before, and we need your help. Together, we can continue to provide life-saving support, raise public awareness and challenge myths and stereotypes to build a safer, fairer future.

**1 IN 5
WOMEN**

EXPERIENCE A
MENTAL HEALTH ISSUE
SUCH AS DEPRESSION
OR ANXIETY

**1 IN 3
PREGNANT
WOMEN**

EXPERIENCE
DOMESTIC ABUSE

**1 IN 4
WOMEN^{AND}
1 IN 18 MEN**

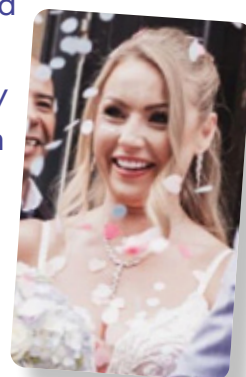
HAVE BEEN RAPED OR
SEXUALLY ASSAULTED
AS ADULTS

BETHANY'S STORY – NEXT LINK

"I entered into a Next Link Safehouse after fleeing abuse from my ex-partner. I fled with my children at the time. This was a very scary and traumatic time for me, and I am glad that I was able to access a women's refuge where I knew I was safe and could not be found. My ex-partner was physically, emotionally and mentally abusive to me. I lived in fear of his unpredictable temper and threats. He controlled every aspect of my life, from isolating me from all my friends and support network, to controlling what clothes and shoes I could wear.

During my time living in a safehouse, I struggled with my mental health. Next Link referred me for counselling and encouraged me to seek support with my GP. My support worker helped me so much through this, she always knew what to write in a text or a call to cheer me up when I was having a low day. Next Link helped me to access public funds whilst I was unable to work, and advocated for me when trying to secure housing. After a lengthy wait I was finally offered a social housing tenancy with my daughters.

Fast forward to today, and I am now happy and settled in my own home with my children. I got married earlier this year to a loving husband and good role model to my children, and I am so proud of the journey I have been on to be where I am today. My journey has not been easy and there has been many ups and downs, but my drive to move forward along with the support and encouragement from Next Link has helped me reach where I am today, and for this I am very grateful"



LAST YEAR
NEXT LINK SUPPORTED

8,090

ADULT
SURVIVORS
AND

1,678
CHILDREN

YOUR DONATION WILL MAKE A DIFFERENCE

£25

WELCOME PACK FOR
A WOMAN COMING
INTO SAFE HOUSE*

£30

WELCOME PACK FOR
A CHILD COMING
INTO SAFE HOUSE**

£100

OUTING TO THE ZOO
FOR 5 CHILDREN IN
SAFE HOUSE

£202

ONE WEEK'S STAY
IN A SAFE HOUSE

*A welcome pack for an adult coming into safe house could include toiletries, food, sanitary products, towels, mindfulness resources and underwear as examples.

**A welcome pack for a child will include age appropriate toys, pyjamas, underwear, books and educational resources.

FUNDRAISING STORIES

We believe that no fundraising idea is too big or too small!

We’ve seen quizzes, comedy nights, sewing bees, bake sales, auctions and hair shaving! As well as marathon runners, country walkers, dragon boat races and bike rides.

“I donate to the families supported by Next Link as I was once in their place. The donations received provide a lift and comfort at one of the most difficult and painful times in their lives. They let the families know they are valued, supported, cared about and respected. The women and children who Next Link support deserve so much more than is possible to donate”.

Mehala Osborne
- Co Director SLEEC
(Survivors Leading Essential Education & Change)

The incredibly funny and creative Lois Vohra held a charity comedy night at The Gaff Comedy Club. The best and brilliant local female comedians came out to light the room up with laughter, **raising over £1,000!**

Watkins held a very successful quiz night and **raised over £1,900** for Next Link!

Bath and Bristol Half Marathons

A group of amazing staff, other professionals and women who we have supported completed the Bristol and Bath Half Marathons and 10k this year. With a particularly moving fundraising campaign, describing her journey into running, recovery and the support she got from Safe Link, we were inspired by Hollie’s story of resilience from surviving to thriving.



The continuous dedication from my ISVA, her interpersonal skills as well as her knowledge with practical and emotional support and her upmost respect and understanding in everything; helped me through some of my darkest of times, but she also celebrated the good days with me. Without Safelink and the dedication they provide to service users, I would not have had the courage or strength to continue to go through the intrusive investigation or get through the court case. Safelink’s service enabled me to stand up, take back some control by getting the justice I deserved and needed. Even when I hit rock bottom and was sectioned, my ISVA supported me through every step, going above and beyond even with the little things, reminding me I was safe or having a fidget toy on hand. My ISVA was so in-tuned to me and my needs, I sometimes wouldn’t need to even verbally communicate, but she knew exactly how to

SO, YOU’VE BEEN INSPIRED TO DO SOME FUNDRAISING. BUT WHERE DO THE FUNDS GO?

Here are some examples of what will happen with your gift...

£30
AN HOUR’S COUNSELLING SESSION FOR A SURVIVOR OF DOMESTIC ABUSE

£32
PLAY THERAPY SESSION FOR CHILDREN

£248
3 COACHING SESSIONS FOR A WOMAN GETTING BACK INTO WORK

£29
ONE NIGHT STAY IN A SAFEHOUSE

£1250
A COMPUTER WITH EDUCATIONAL RESOURCES FOR ONE OF OUR SAFE HOUSES (FOR CHILDREN AND ALSO FOR ADULTS TO HELP MANAGE THEIR LIVES/ APPLY FOR JOBS ETC)

FUNDRAISING IDEAS

Do you have a particular hobby or passion that you could take to the next level?

Or do you want to challenge yourself to something new?

You could challenge yourself to a 10k and get fit in the process. Each year we have places on the Bath Half in March and the Great Bristol Run in May and we would love you to join us!

If group fundraisers are more your thing, you could get your colleagues together with a bake sale, clothes swap, quiz or raffle!

Fundraising can be such a great way of not only making money for a great cause, but also getting people together and making friends!



CORPORATE SUPPORT

You could ask your employer to nominate us as their charity of the year!

Perhaps you could volunteer some of your time using your skills to support us?

Donate items and gifts to the survivors we support

Gift raffle items for our annual service user welfare fundraiser

WHAT CAN WE OFFER YOU...

- Volunteering opportunities
- Expert speakers at your events to raise awareness about domestic and sexual abuse and mental health
- Development or review of your company's Domestic and Sexual Abuse Policy for staff
- Training on domestic and sexual abuse awareness, mental health and addressing health inequalities and direct referral pathways into support
- Uniting your staff behind a local and life changing service!



If you would like some more information or want to discuss a fundraising idea, please get in touch:

fundraising@missinglinkhousing.co.uk

Or call us on 0117 925 1811

Monday to Friday 9am – 5pm

We provide full support in your fundraising journey, as well as information drop-ins and supporter updates and events.

If you would like to fundraise for us, you can set up your own fundraising page with JustGiving.

Our Just Giving Page is here

www.justgiving.com/bristolmissinglink

If you'd like to make a one-off donation please scan the QR code below:



My target amount

£.....



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